******** Clear, Peachy Skin **Awaits Anyone Who Drinks Hot Water**

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious-merry bright, alert-2 good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. It only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anaemic-looking men, women and girls, with pasty or muddy complexions: instead of the multi tudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virife, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particulary those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demorstrate the quick and remarkable change in both health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.

LESS MEAT IF BACK AND KIDNEYS HURT

Take a glass of Salts to flush Kidneys if Bladder bothers you-Drink lote of water.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in mest excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twin-ges, severe headaches, acid stomach, constipation, torpid liver, sleeplesaness, bladder and urinary irritation.

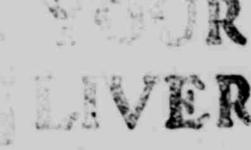
The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about 'our ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the said of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irri-

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

She Kept Her Locks Dark and Glossy, with Sage Tea and Sulphur,

When you darken your hair with Sage See and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is mussy and troublesome. For 50 cents you can buy at any drug store the readyto-use preparation, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appear- farmer does. ance, get busy at once with Wyeth's Sage and Sulphur Compound and look years younger. This ready-to-use preparation is a delightful toilet requisite and not a medicine. It is not intended for the cure, mitigation or prevention of disease.



st friend or your wors octive it's your friend il's your enemy, and its anstipation. Biliousness

AND TONIC PELLETS

make active, strong and healthy livers, preventing and relieving liver troubles.

Complete Treatment 250

GOOD CROP FOR INDIANA.

Farmers Find Profit In Sugar Beets and Increased Yield of Other Crops. How sugar beet growing in Indiana has worked out thus far in actual practice may be seen by a few instances of Indiana farmers who have planted the new crop and have kept a record of cost and profit. H. Haggard of Monroe put twenty arres into sugar beets. He gathered fifteen tons per acre, a little above the average crop, and made a profit of \$800, or \$40 an acre. John Hyerly of Bluffton got a crop of nineteen tons to the acre from a field of thirteen acres. His profit after deducting all expenses was \$62 an acre. This, he said, was the biggest profit he had ever made on farming land.

Fred Isch of Bluffton kept a careful account of his different crops. His corn netted him a profit of \$28 an acre. his oats \$18, and twelve and a half acres of sugar beets gave him \$52 an acre above expenses. This, he said, proved to his satisfaction that "beet growing is a money maker for the farmer, aside from the vast amount of good his land derives from beets and the lessons in

scientific farming they teach him?" Fifteen acres in sugar beets gave a yield of eleven tous to the acre on the farm of E. W. Bushy of Monroe. Mr. cleansing, sweetening and freshening Bushy declared that he was well pleasthe entire alimentary canal before ed with the outcome of his first season

"We had an unusual rainfall hereabouts," he said, "which injured all our crops, and I feel sure that with the usual weather I could almost double my tonnage per acre. As it was, I made a profit of about \$25 per acre. and, although I have not had any personal experience of the good the land receives from cultivating beets, I have seen other farmers who have almost doubled their out crop by rotation with

William Caesar of Preble had raised beets in Michigan for seven years before coming to Indiana. He said that the rainy season of fast year did not give a fair test of the Indiana soil, yet he found his new fairl better fitted for the crop than the farm he had left in-Michigan then with inst year's rainy weather be averaged thirteen tons of beets . and looked for from fiften to the coming season. He plant I fourteen acres last year and this a, one will plant forty.

"I know from actual experience," he said. "the a farmer can harvest from twenty-five to thirty bushels more oats per acre on the land he has sown to beets than he could before growing

L. A. Thomas of Monroe, who was growing beets for the second time last year, said that his beet crop had dropped from twenty tons to the acre to eleven on account of the unfavorable weather, but that he felt he had made a big profit notwithstanding. The oats which he planted on his former best land yielded double the amount he had been accustomed to harvest because of the added fertility of the soil produced by beet cultivation.

SUGAR BEET INDUSTRY.

Wages and Prices of Beets Much Higher In the United States.

The difference between the conditions under which beet sugar is produced in the United States and Europe is strikingly shown by a report just published as a United States senate document. Summarizing 117 reports from various European countries, this document shows that 65 cents a day was the highest rate earned by men work ing in the European beet fields, while 46 cents was the average rate. In all the European countries, however, the greater part of the field labor is done by women and children at wages rang ing from 10 cents a day for children in Russia to 36 cents a day for women in Denmark. To these poor laborers the \$2.60 a day, which represents the average earnings of field workers in the United States, must appear a

princely income, Among the factory workers engaged in beet sugar production the difference is equally striking. The men working in the factories of the great European sugar making countries, France and Germany, receive an average daily wase of \$4 cents, according to official figures published by their own governments. The average American wage for employees in the beet sugar factories. \$2.50 a day, is more than three

Likewise the farmers who grow the beets in Europe receive only \$4 to \$4.50 a ton for their crops, although they pay four to five times as much rent for their land as the American

While these figures serve to show why it is that Europe can produce sug ar cheaper than the United States, it is an interesting fact that the only important country of Europe where the people are able to buy sugar cheaper than in the United States is England Even in England the price paid for the sugar most generally used is as high as the prices paid here. On the whole, the lot of an American sugar beet grower or werker must be considered preferable to that of his European competitor.

Root Crop Every Fourth Year. Few persons realize that a large portion of Germany is but a sandy plain and her enormous crop yields due to the fact that for each three acres of cereals grown her farmers raise one acre of hoed crops, thus producing a root erop on each field every fourth year. They grow sugar beets wherever possible and are the greatest pro ducers of this vegetable in the world. In sections where there are no factories to which they can sell their sugar beets they grow beets or other root

grops and feed them to stock

LATEST PHOTOGRAPH OF PRESIDENT WILSON



IT CAN'T BE DONE!

There is no cause for Democrats and Progressives-lovers of peace and opponents of the horrors and crimes of war-to feel other than the greatest confidence in the re-election of President Wilson.

Friends of his Republican opponent have been making vociferous endeavor to impress the voters of the country with a fictional strength for Mr. Hughes' candidacy.

President Wilson has the Democrats of the country enthusiastically behind him.

He has the friends of preparedness and peace.

He has every Progressive who really holds policies above prejudice and deeds above vague promises.

He has the women voters of the states where suffrage is an accomplished fact, who hold their country first in their esteem and who are able to see more in the support President Wilson has already given suffrage, than in the opportunist espousal of their cause by a candidate who before never has shown by his acts even the most condescending sympathy.

There are but a meagre few states where Mr. Hughes' champions can give him more than a doubtful chance of securing electoral

No issue has been joined by the speeches of the Republican candidate which is of sufficient worth to merit serious consideration.

Behind Mr. Wilson there is a long record of deeds done and legislation enacted which puts him far up abreast of the times and popular demands.

For President Wilson to be defeated there must develop such a reaction from present sentiment as would be startling indeed.

He has the record of achievement.

He has the shibboleth of peace.

He has the accomplishment of preparedness.

He has a Congress which has stood nobly behind his policies and has written laws that the great masses of voters will surely indorse. He has been direct, diligent, assertive and dominant.

No public man ever cherished loftier ideals or did more to win to them the public approval.

Beat him?

IT CAN'T BE DONE!

Beat him, and restore to power in the Government the old order, the Republican reactionaries, the guardians and agents of privilege and prerogative?

Beat him, and blot from the statute books laws that register a century of progress?

NO. INDEED!

Beat him, with the harvests ripening into such wealth as the country never knew before?

Beat him, with the Government's credit the talk of the world?

Beat him, with labor employed, wages good and happiness the outward semblance of nation-wide contentment?

Beat him, with the vaults of the banks of the country bulging and legislation already enacted which is the guarantee of low interest rates?

Beat him, with his neutrality achievements, which have made us the one nation secure from the criminal effusion of the red blood of the sons and fathers of the land? Beat him, when the law is highly respected, when the national

honor is respected, when the flag has been made the signal at once of preparedness and peace, and our people home-loving, God-fearing and ready for the higher achievements in the future than were ever chronicled in the past?

IT CAN'T BE DONE!

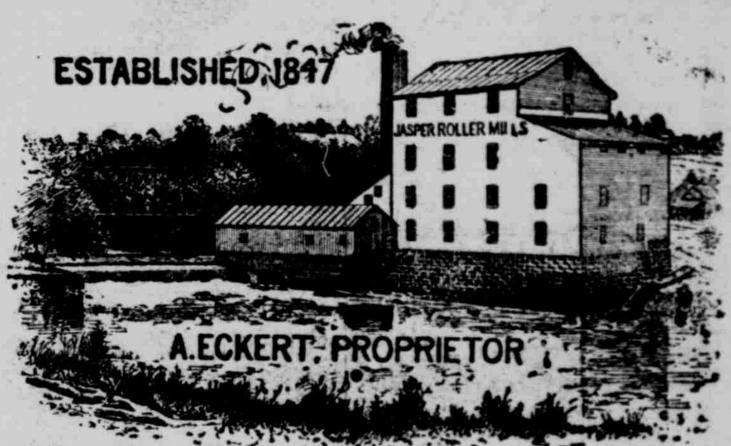
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Genuine

prepared by him for over 30 years. YOU'LL give YOUR baby the BEST

Your Physician Knows Fletcher's Castoria. Sold only in one size bottle, never in bulk or otherwise; to protect the babies.

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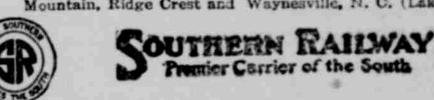
We are better equipped than ever to handle wheat. We offer you fair weights and grades, less unloading and courteous treatment. Come and see us. We always pay Highest market price.

Jasper Roller Mills.

ANDREW W. ECKERT Propr,



AWAY up in the mountains of Western North Carolina are the beautiful and attractive resorts of Asheville, Black Mountain, Hendersonville, Brevard, Lake Toxaway, Saluda, Waynesville, (Lake Junaluska), Flat Rock, Hot Springs, and Tryon. Spend your vacation at one of these cool and delightful places or at Tate Spring, Tenn. Round trip Excursion tickets are on sale daily, good until October 31st, via Special denominational Missionary and Bible Conferences at Black Mountain, Ridge Crest and Waynesville, N. C. (Lake Junaluska.)





Stop-overs allowed at all points. Three special Low Fare Excursions will be run during the summer. Ask for details. For full information see Ticket Agent, Southern Railway, or write B. H. Todd, District Passenger Agent, Louisville, Kentucky.

Only \$9.75 for the round trip to The Mounains Of Western North Carolina "The LandOf The Sky"

Train leaves Jasper 7;57 or 11:54 Wednesday August 23, 1916 Tickets good Fifteen Days. New features, including variable route tour via Chattanooga (Lookout Mountain) Extension of lim-

it, etc. For full particulars see Local Agent,

